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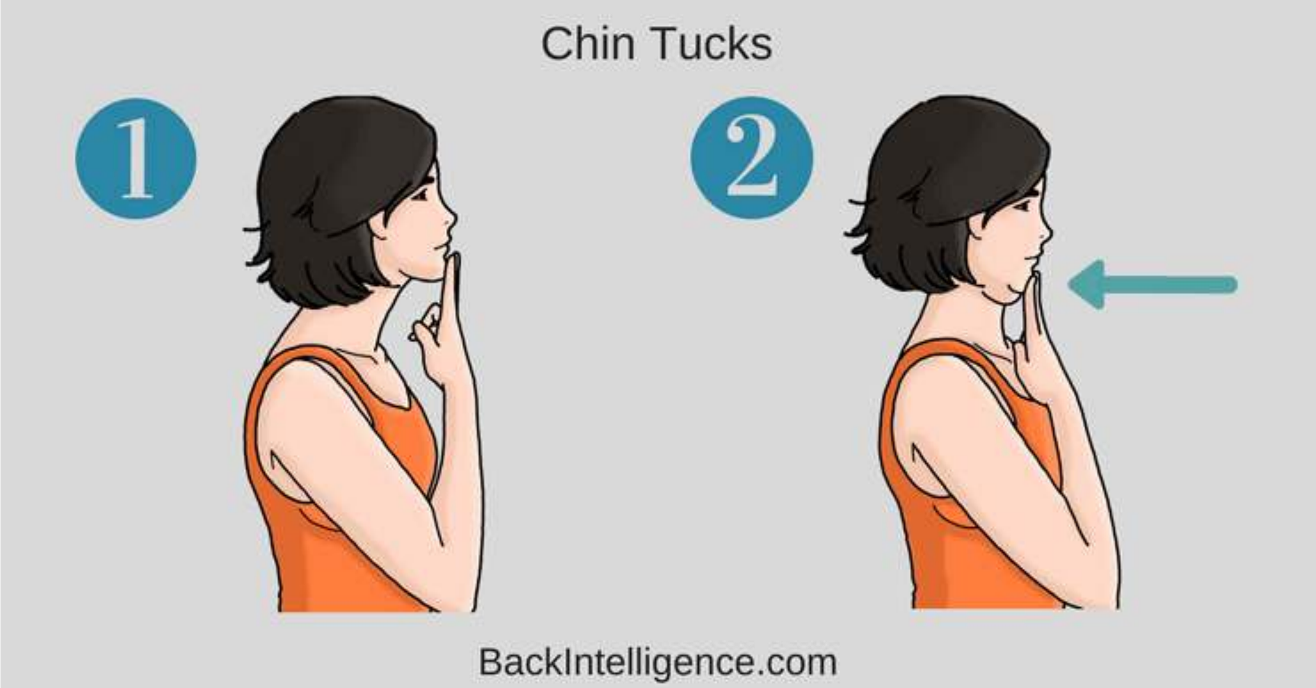
5 Fwd Head Posture Exercises:

From our blog post: https://backintelligence.com/how-to-fix-forward-head-posture/

Disclaimer: Please do these exercises at your own discretion. They are meant for the Do-It-Yourself purpose, not instead of medical advice.

1. Chin Tucks Exercise



This exercise will activate and strengthen your deep cervical muscles (front of the neck muscles).

- Place 2 fingers at the bottom of your chin.
- Gently tuck your chin in and retract your head backwards. At the same time, use your fingers to keep the chin tucked in the entire time.
- Hold the end position for 3 to 5 seconds.
- Relax your neck for a moment (Let the neck come fwd).
- Aim for 2 to 3 sets of 10 repetitions.

** You should feel like the back of your neck is lengthening or “pulling up”, and there will be packing in front of your neck.

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2. Neck Flexion (Suboccipital Stretch)

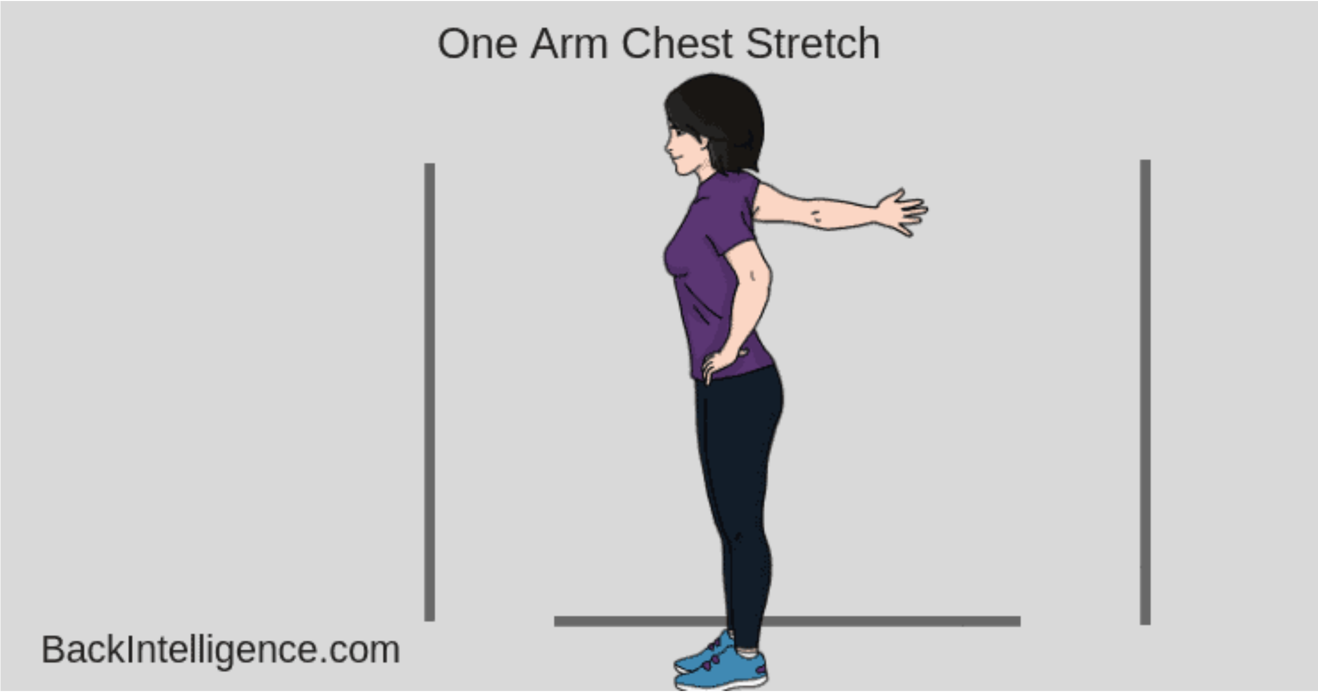
This will stretch the back of your neck muscles including the Suboccipital muscles.

- First, tuck your chin in using 2 fingers of one hand.
- Place your other hand on the back of your head and apply a gentle force down as you pull your head towards your chest.
- When you feel a stretch at the back of your neck, hold the position for 20 to 30 seconds.
- Repeat this stretch 3 times.

** Keep your chin tucked as you do this stretch.

P.S Check out **The Complete Posture Fix Course** (Get on waitlist):
https://backintelligence.com/the-complete-posture-fix/

3. One Arm Pec Stretch – At A Wall (Do Both Sides)



This will stretch out the chest area which can be tight and pull the neck into a bad posture. Releasing the pecs will allow you to be in a better posture and can alleviate some of the pain.

- Come close to a wall and stretch one arm behind you with the palm on the wall.
- Pull in your stomach (do not arch your back)
- Now lean forward and slightly away from the extended arm.
- Feel the stretch in your chest area.
- Hold for 30 seconds.
- Repeat on the other side

* Make sure you're not just stretching you shoulder, but also the chest. Tweak the angle of your position to get the chest muscles.

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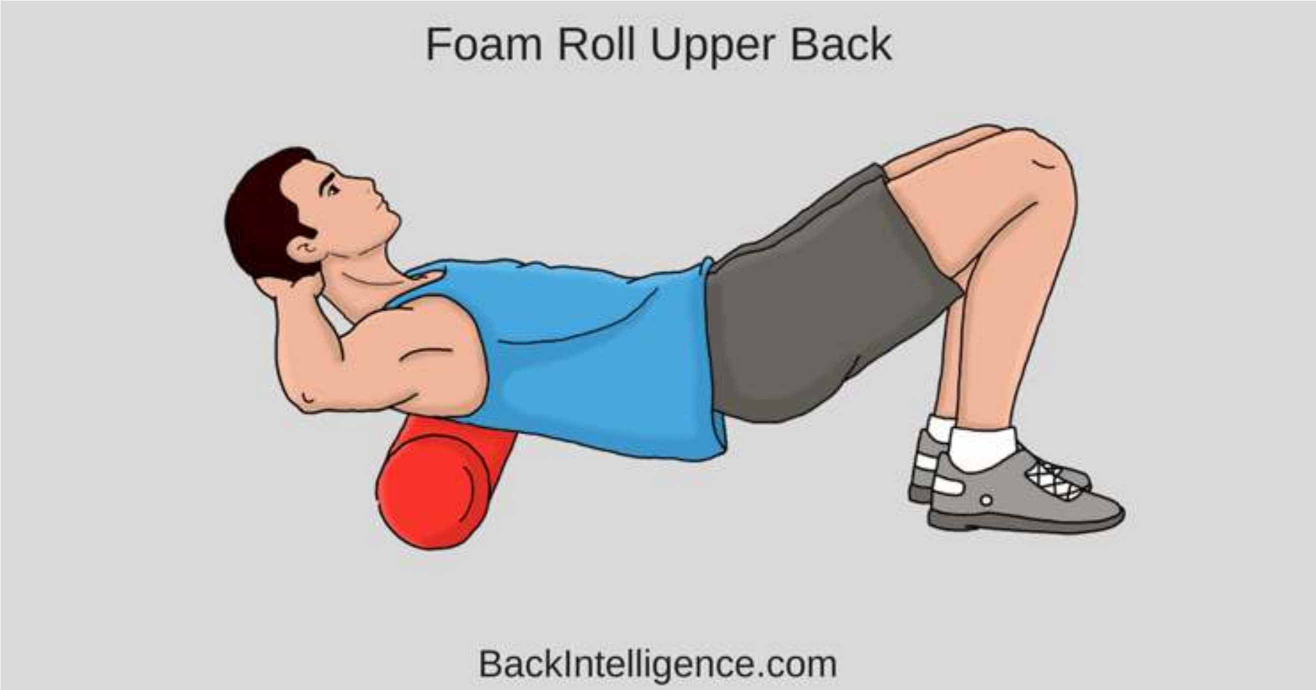
4. Thoracic Spine Foam Rolling



This is great way to loosen up the upper back area.

- Lie on your back, with your hands placed behind your head, and a foam roller placed under your upper-back.
- Start to slowly roll up and down beginning at your mid-back and moving towards the top of your shoulders.
- Keep your core tight and use your legs to roll.
- Don't rush, do nice and slow rolls.

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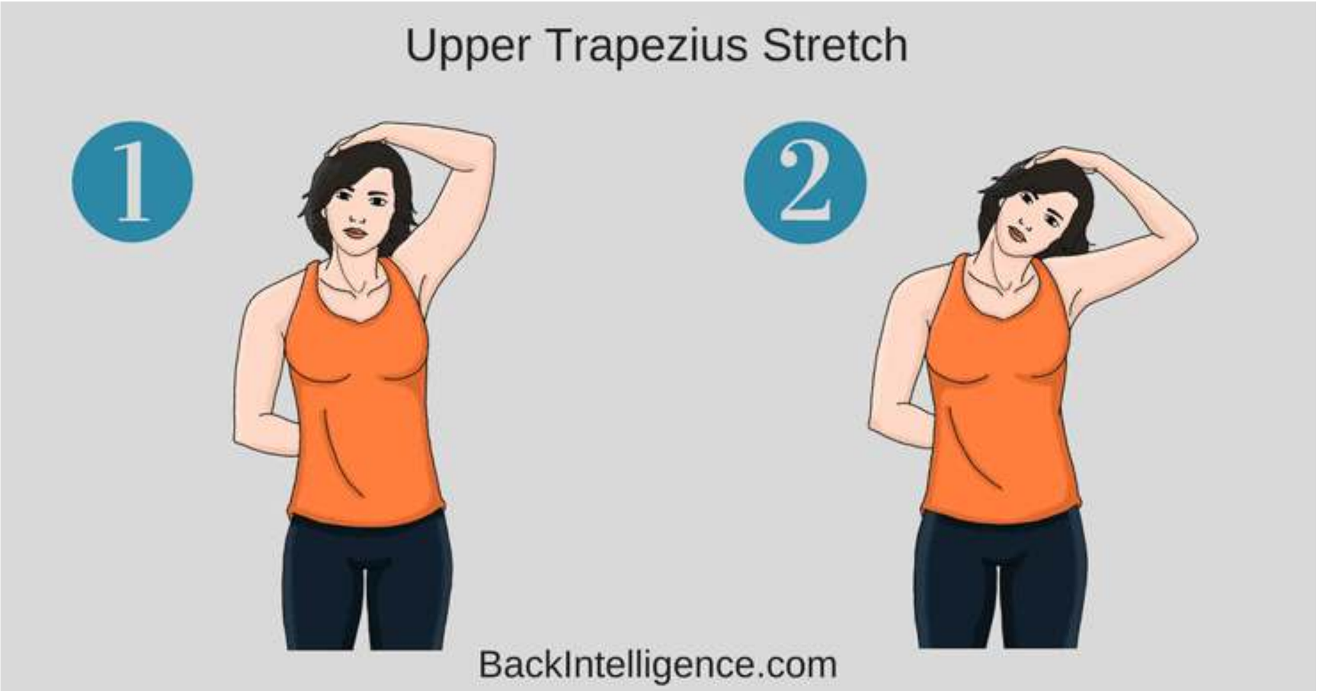
5. Upper Trapezius Stretch



This will stretch out the neck and upper back muscles (Scalene & Upper Trapezius) which can get very tight on individuals with this forward neck syndrome.

- Start either in a standing or seated position.
- Place one of your hands on the opposite side of your head and tuck the other hand behind your back.
- Now bring the head down towards your shoulder.
- Use the hand on top to press your head down – to get a deeper stretch (Not too hard).
- Hold for 20-30 seconds and do both sides

Check out extra resources on next page!

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